

# **THE ANALYSIS OF TRAUMA IN STAUB'S NOVEL "SCARED TO DEATH"**



**A Thesis**

**Submitted in Partial Fulfillments of the Requirements for the  
Degree of Sarjana Humaniora in English and Literature Department  
of the Faculty of Adab and Humanities  
of Alauddin Makassar**

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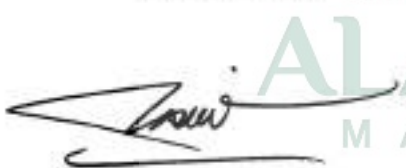
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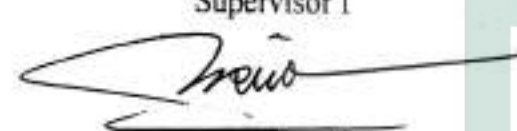
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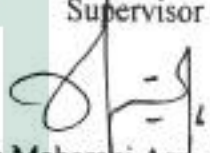
  
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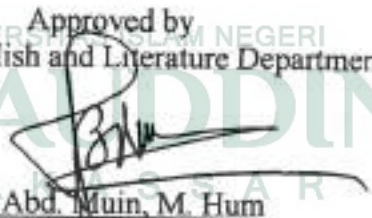
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## ABSTRACT

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This thesis studied about the analysis of trauma in Novel "Scared to Death" by Wendy Coursi Staub. The aims of this thesis are to describe the portrayal of post traumatic stress disorder experienced by two main characters in Staub's novel "Scared to death" and the way of two main characters healing it in the novel.

The writer used descriptive qualitative method and psychological approach in analyzing post traumatic stress disorder faced by character in the novel and the way of healing it. In this research, the instrument used by the writer was note taking. From this instrument, the writer read the novel and identified the data, then wrote down the data to note book and last classified the data based on the theory.

In this research, the writer found that the novel "Scared to Death" by Wendy Coursi Staub, showed the symptoms of post traumatic stress disorder experienced differently by two main characters such as intrusive, avoidance, and arousal symptoms. Elsa is more dominant in intrusive symptoms than the avoidance and arousal symptoms, while Maris is more dominant in arousal symptom than others. The writer also found the way of character healing post traumatic stress disorder depicted in the novel such as reasonable mastery caring attachments to others and a meaningful purpose in life as they become perfect mothers. Elsa uses all of them, while Marin just uses two of them, namely caring attachment to others and a meaningful purpose in life. However, everyone who has post traumatic stress disorder will differently face the symptoms and ways to heal it.

The implication of this thesis is to inform the people that trauma will give a dangerous effect if it shows symptoms like intrusive, avoidance, and arousal after experiencing trauma. The effect is post traumatic stress disorder. However the disorder needs to be healed before it becomes chronic. Hopefully, this thesis can contribute to education as an analysis of literary work, especially for students of English and Literature Department.

## **CHAPTER I**

### **INTRODUCTION**

#### **A. Background**

Literature is one phenomenon in human life. Although the word is common, to reveal what literature is becomes a difficult matter. Literature does not have any exact meaning. There are many sources and experts mentioning various definition of literature. This basic problem should be answered before we discuss this thesis further. So, the writer quotes definition from Abram (1981:36) that literary work as an imitation, or reflection or representation of the world and human life and the primary criterion applied to a work is that of the truth of its representation to the objects represents, or represent.

Whatever the author express in literary work is related to the real life. In literary work, an author represents the mental of imager character through language that shows the character's attitude and behavior. Literary work is author expression which represents his emotion and thought. According to Endraswara, literary work which is looked as psychological phenomena will show psyche aspects through characters (2011:96).

Literary work and psychology has a deep relation. as Endraswara (2011:99) states that both psychology and literature study about human life, psychology is the study about human in real life, meanwhile literature is study about human as creature of author imagination.

Psychology is interpreted as psyche area, inner conflict of characters in a literary work. However, psychology can be used to support in analyzing a literary work (Wellek dan Werren, in Fananie, 2000: 90)

Novel is one form of literary work besides drama and poetry, which is considered as an expression of life. In a novel, aesthetic value only by reading. A novel is book length story in prose, whose author tries to create the sense that while we read, we experience life (Kennedy, 1991:312).

Novel is one kind of prose which tries to express something widely. Various events in life which is faced by characters in the story are psychological aspects. Related to psychology of literature, Trauma is one of psychological aspect in human. Harvey, in his book explains the definition of trauma as, a specific term referring to extreme psychological and psychological reactions to major losses, such as the death of close other (2002: 23).

Felling that is arisen by the traumatic experience can cause an extreme reaction both one's physic and psychology. It means that trauma is an event that can possibly happen because of losing something, such us death of family, couple, or people who have good relation.

Although trauma can be caused by psychological action, the effect is more arisen to someone's psychology. However the Psychological trauma exists. This is the real effect that will be faced by someone who has traumatic experience. That effect is known as Post Traumatic Stress Disorder or PTSD (Harvey, 2002:5)

Post-traumatic stress disorder (PTSD) can develop following a traumatic event that threatens your safety or makes you feel helpless. PTSD develops differently from person to person. While the symptoms of PTSD most commonly develop in the hours or days following the traumatic event, it can sometimes take weeks, months, or even years before they appear.

In this thesis, the writer took one of Wendy Coursi Staub's novel, namely *Scared to Death* and analyzed two main characters in the novel. The writer was interested in analyzing post traumatic stress disorder that is experienced by two main characters in the novel. The characters are Elsa and Marin. Elsa has an adopted son namely Jeremy who has been kidnapped and murdered some years ago. She feels helpless after that traumatic event. That memory is arisen when she welcomes an adopted girl, Reny. She is overprotective to Reny and worry about the story of Jeremy will repeat again. Meanwhile, Marin Quinn has gone into seclusion with her two daughters in an effort to protect them from the aftermath of a scandal that has landed her husband, a corrupt politician, in jail for unspeakable crimes. They experience many events that make them always feel anxiety and disturbance in the whole story in the novel.

Based on the illustration above, the writer took the analysis of trauma in Staub's novel as the title of this thesis. In this writing, the writer focused on post traumatic stress disorder faced by two main characters in the novel. The writer used the psychological approach related to the psychological aspect of characters in the novel.



## **B. Problem Statement**

Based on the information in the background above, the writer formulates research questions as follows:

1. How is the portrayal of post traumatic stress disorder experienced by two main characters in the Staub's novel "Scared to Death"?
2. How do the two main characters heal post-traumatic stress disorder in the Staub's novel "Scared to Death"?

## **C. Objective of Research**

Since the analysis of this thesis deals with the portrayal of post traumatic stress disorder and the way of two main characters healing post-traumatic stress disorder, so the objective of study are:

1. To describe the portrayal of post traumatic stress disorder experienced by two main characters in Staub's novel "Scared to Death"
2. To describe the two main characters' ways to heal Post-traumatic stress disorder in Staub's novel "Scared to Death"

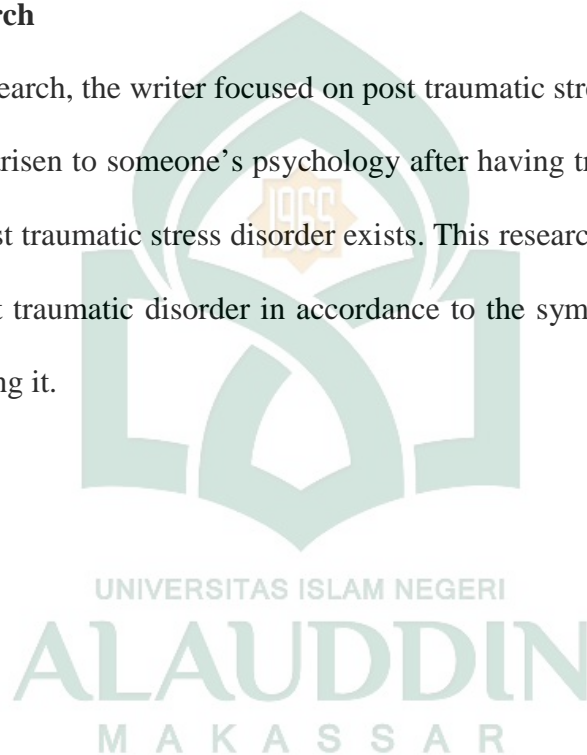
## **D. Significance of Research**

The result of this research is expected to be useful and helpful information for the reader in order to be supporting information about the story in Staub's novel "Scared to Death". In this sense, this study will help readers know more about post traumatic stress disorder which is experienced by characters in the novel. And then this study will help readers know more about psychological approach.

Being inspired by this research, hopefully, it can motivate other researchers to do other study with psychology in literary work. We cannot deny that a literary work exist because of Author's psychology. Furthermore, as far as the situation as possible, this study will encourage the reader to support everyone who has post traumatic disorder to heal it.

#### **E. Scope of Research**

In this research, the writer focused on post traumatic stress disorder. It is the effect which is arisen to someone's psychology after having traumatic experience. However the post traumatic stress disorder exists. This research was limited by the portrayal of post traumatic disorder in accordance to the symptoms of PTSD and the way of healing it.



## CHAPTER II

### REVIEW OF RELATED LITERATURE

#### A. Previous Finding

Some researches about trauma in novel have been conducted by some researchers, as follows:

Dwiana (2011) in her thesis *“Analysis of Trauma and Revenge of Hannibal Lecter on Hannibal Rising by Thomas Harris”*, the aim of this study is to describe the change of the psychological side of an innocent boy named Hannibal Lecter who turns into a psycho killer. The writer uses intrinsic approach focusing on characters and conflict. The writer also uses psychological approach according to The Personality Theory of Psychoanalysis by Sigmund Freud. Working through the analysis, the result of the analysis shows that if an unstable natured person is pressured into a breaking point, it can change his personality and trigger a destructive behavior.

Zulfah (2011) in her thesis, *“Post Traumatic Stress Disorder Tokoh Utama dalam Novel Biola Tak Berdawai karya Gumiraajidarma”*. The purpose of this study includes: to describe a form of post-traumatic stress disorder and to describe an efforts of handling Post-traumatic stress disorder experienced by the main character in novel. The research approach of this literature used textual approach, namely the psychological aspects of the characters in literature. She found that it showed symptoms of Post phenomena traumatic stress disorder, a form of this disorder in the form is flashes of memories and nightmares. The efforts of

handling stress disorder are by using the defense mechanism namely (1) compensation, is the main character trying to become the figure of a good mother to the babies quadriplegic. (2) Undoing is the main character trying to leave out his past time by buying land for a place of quadriplegic baby. (3) Denial is denial of the main character in treating Lord as like a normal child is not as a quadriplegic.

Yohana (2012) her thesis is entitled "*Trauma Tokoh Nayla dalam Novel Nayla Karya Djenar Maesa Ayu*". This study aims to determine the effect of trauma experienced by the main character (Nayla) on the personality and life as an author. The method used in this research is descriptive analysis method with the theory of psychoanalysis Sigmund Freud. Psychoanalytic theory is used with the aim of knowing the character's personality structure Nayla. The results of this study show how the psychological and physical torture suffered by Nayla character and personality affect the next life as an author. Nayla character's personality is more dominated by the *id* and ignores the norms of the existing or the *superego*.

Based on previous finding above the writer concluded that each of them used the same theory but different object. Dwiana focused on trauma and revenge and she used intrinsic approach focusing on character and conflict and used psychological approach to The Personality Theory of Psychoanalysis by Sigmund Freud. Zulfah focused on post traumatic stress disorder by using textual approach namely the psychological aspects of the characters in literature. Yohana focused on the effect of trauma experienced by the main character (Nayla) on the

personality and life as an author. The method used in this research was descriptive analysis method with the theory of psychoanalysis Sigmund Freud. They found some impacts of trauma, trauma cause, and the way to heal it. While, the writer used psychological approach and focus on post traumatic stress disorder based on theory of Flannery.

## **B. Elements of Novel**

A literary work is built up of many elements. These elements then determine the perfection of a story. The elements are:

### **1. Theme**

The theme of novel is its underlying or wisdom that the author is presenting seldom is the theme ever states in a novel. Yet, it also proposed as a message conveyed by the writer to the readers. In the other wards, theme is the central idea in the story (Howland at all, 1990:28).

### **2. Plot**

One of the appeals of the novel is that it organized and unifies events. Fiction satisfies the urgency to find the explanation that link the past to the present by direct cause and effect. Plot is the story line, the ordered arrangement of incidents in a story (Kennedy, 1995:44).

### **3. Character**

Character ordinary discourse, the term “character” can take any of variety of meaning, depending on the context in which it happens to be used. When she is a concrete noun it refers to person or animal, but as an abstract noun it refers

to the attitude of the person or animal that the attitude belongs to. To be clearly characters is the people, animal and the other who take part in the action of the story (Kennedy, 1990:27).

#### **4. Characterization**

One of the strongest things about fiction is that authors can make someone reacts to a bunch of the words as if they were a real person. These assemblages of language can make someone laugh or cry, get somebody angry or indignant and even occasionally treat them as more important to someone knows. In the other wards characterization is the depicting of clear images of a person (Landow, 2001:125).

#### **5. Conflict**

Conflict is the struggle experienced by the characters in the story. Conflict is the essence of a literary work that eventually forms of the plot. According to Wellek & Warren in Fadhila conflict is a dramatic thing, towards to struggle between two equal forces and implies an action and reciprocation.(2011:23)

Conflict is divided to two parts, as mentioned by Mayer in Fadhila namely, internal and external conflict. Internal conflict is a conflict which happens to individual caused by two different desires or it may be called mental conflict. And external conflict is a conflict which happens to a character to others. This conflict arises because of the interaction of a character to others (2011:23)



## 6. Setting

According to Tarigan (1993:20), Setting is the background in which the story takes place. There are several aspects of setting, they are:

- a. Place: this is the geographical location of story.
- b. Time: this refers to the period of the story.

## 7. Point of View

According to Kennedy point of view is important in telling a story. It determines how much the reader must know and can know of what is happening. A story can be told from one of four different points of view. The first point of view the story as told as though the author is in it (Kennedy, 1996:35).

Based on the elements of novel above, there are seven elements of novel that the writer provides and the writer only took character, conflict, and plot to analyze aspect of psychology of two main characters in the novel.

## C. Trauma

Trauma is a physical or psychological threat or assault to one's physical integrity, sense of self, safety or survival or to the physical safety of another. The word of trauma is used to describe a stressful event or condition which is faced by someone. According to Smith in Dwiana, trauma is:

the result of extraordinarily stressful events that shatter your sense of security, making you feel helpless and vulnerable in a dangerous world. Traumatic experiences often involve a threat to life or safety. Experience is involving betrayal, verbal abuse, or any major loss. (2008: 1)

Base on the definition of trauma above, it can be understood as an event which very bad and can destroy safety felling of someone, break happy life of someone.

Harvey, in his book explains the definition of trauma as, a specific term referring to extreme psychological and psychological reactions to major losses, such as the death of close other (2002: 23).

Felling that is arisen by the traumatic experience can cause an extreme reaction both one's psych and psychology. It means that trauma is an event that can possibly happen because of losing something, such us death of family, couple, or people who have good relation.

When someone faces an event that cause trauma, she or he will get various impacts from the traumatic experience. The impact includes shock, denial, and anxiety. As Worden in Spiers states that What is clear is that there is a pattern to trauma which can include shock, disorganization, denial, depression, guilt, anxiety and aggression (2001: 13).

Various causes of trauma will cause different effect to its personality also. Like Giller states that Trauma comes in many forms, and there are vast differences among people who experience trauma (1999: 1)

Based on the definitions above, the writer concludes that trauma is an event which very bad and can destroy safety felling of someone, break happy life of someone. Traumatic event will give many impact like shock, guilt, anxiety and aggression.

#### **D. Post Traumatic Stress disorder (PTSD) Theory**

Although trauma can be caused by psychological action, the effect is more arisen to someone's psychology. However the Psychological trauma exists. This is the real effect that will be faced by someone who has traumatic experience. That effect is known as Post Traumatic Stress Disorder or PTSD (Harvey, 2002:5)

Post-traumatic stress disorder (PTSD) can develop following a traumatic event that threatens your safety or makes you feel helpless. PTSD develops differently from person to person. While the symptoms of PTSD most commonly develop in the hours or days following the traumatic event, it can sometimes take weeks, months, or even years before they appear.

Posttraumatic stress disorder (PTSD) is in part a disorder of experiential and emotional avoidance, as individuals with PTSD attempt to limit or avoid exposure to trauma-related cues and associated emotional reactivity (Boden, 2013:296).

According to Galea (2005: 78), Posttraumatic stress disorder (PTSD) is the most commonly studied and probably the most frequent and debilitating psychological disorder that occurs after traumatic events and disasters.

According to Herrmann, posttraumatic stress disorder (PTSD) is an anxiety disorder that can develop after exposure to a life or health threatening event and is mainly characterized by re-experiencing of the traumatic incident, nervous hyperarousal, and avoidance of trauma-related cues (2012: 2).

Post-traumatic stress disorder (PTSD) is a disorder that can develop following a traumatic event that threatens your safety or makes you feel helpless (Smith & Segal, 2008).

According to Flannery (1999: 78), PTSD is a separate bodily response that is different from states of major depression and the body's general physiological response to routine life stressors.

According to Smith & Segal (2008), Traumatic events that can lead to PTSD include: War, Natural disasters, Car or plane crashes, Terrorist attacks, Sudden death of a loved one, Rape, Kidnapping, Assault, Sexual or physical abuse, Childhood neglect.

Based on the description above, it can be concluded that post traumatic stress disorder is a disorder that come after traumatic experience which is very bad that arises inside a human being. It is because of happening stressful events, like rape, violence, death of family, and kidnapping. It can give a big impact both physic and psychology of someone. Someone who has post traumatic stress disorder will get some disorders like a nightmare, flashback, Avoiding activities, places, thoughts, or feelings that remind you of the trauma and felling anxiety. It can seem like you'll never get over what happened or feel normal again.

#### 1. Symptoms of Post Traumatic Stress Disorder

According to Davidson in (Etten and Taylor, 1989:126) Post-traumatic stress disorder (PTSD) is characterized by three clusters of symptoms, which arise after the person is exposed to a traumatic stressor. The clusters are:

- a) Recurrent re-experiencing of the traumatic event (e.g. flashbacks, nightmares, intrusive thoughts)
- b) Avoidance of trauma-related stimuli and numbing of general responsiveness.
- c) Persistent hyper-arousal (e.g. hyper-vigilance, exaggerated startle response)

According to Herrmann, PTSD core symptoms can be classified into three clusters: first, the re-experiencing symptoms which include recurrent intrusive memories of the event in form of intrusions and flashbacks as well as distressing dreams. Environmental cues reminding patients of the traumatic experience usually trigger those re-experiencing symptoms. The second symptom cluster comprises avoidance and numbing symptoms: affected patients avoid thoughts, feelings, activities, places, or people associated with the traumatic event. Furthermore, loss of memory of important aspects of the event and emotional numbing might occur in PTSD patients. Hyperarousal symptoms constitute the third PTSD symptom cluster comprising inter alia sleep difficulties and an exaggerated startle response.

According to Flanery (1999: 78), everyone experiences PTSD differently; there are three main types of symptoms:

a. Intrusive Symptoms:

- 1). Persistent re-experiencing of the event in images, thoughts, recollections, daydreams, and nightmares

- 2). Acting and feeling as if re-living the event
  - 3). Distress in the presence of symbolic reminders
- b. Avoidance Symptoms:
- 1) Avoiding places and thoughts symbolic of the trauma
  - 2) Problems in recalling the event
  - 3) Loss of interest in important activities
  - 4) Restricted emotions
  - 5) Sense of foreshortened future
- c. Arousal Symptoms:
- 1) Hypervigilance
  - 2) Exaggerated startle response
  - 3) Sleep disturbance
  - 4) Difficulty concentrating
  - 5) Irritability or angry outbursts

Based on the symptoms that are mentioned above, the writer concludes that everyone who has post traumatic stress disorder will face three symptoms, intrusive, avoidance, and arousal symptoms. *Intrusive symptoms* involve the persistent re-experiencing of the event in images, thoughts, recollections, day dreams, and nightmares. Victims may act or feel as if they were reliving these events, and may experience great distress in the face of events that remind the victim of the trauma. *Avoidance symptoms* involve avoiding places and thoughts associated with the trauma, problems in recall of the event, a marked loss of



interest in other significant aspects of the person's life, restricted emotions, and the sense of a foreshortened future. *Arousal symptoms* include difficulties with sleep, hypervigilance, exaggerated startle response, difficulty concentrating, and irritability. Their trauma will always disturb them and they always feel they are in the danger.

## 2. Psychology of Post Traumatic Stress Disorder

In healing post traumatic stress disorder, the writer used psychology of post traumatic stress disorder. As Flannery,(1999:79-80) states that in psychology of post traumatic stress disorder, There are three domains of human functioning that contribute to good physical and mental health: reasonable mastery, caring attachments to others, and a meaningful purpose in life. Reasonable mastery refers to one's ability to shape the environment to meet one's needs. Caring attachments are links to others that provide emotional support, information, companionship, and occasional instrumental support, such as political favors or monetary assistance. A meaningful purpose in life refers to a central event or value that motivates a person to actively participate in the world each day, and which provides direction in life's darker moments. Examples might include one's marriage and children, advancement at work, or volunteer assistance for a special charity. These three sets of skills and resources assist an individual to cope adequately.

These three domains are also frequently disrupted by traumatic events, and inadequate coping in these areas is reflected in the symptoms of post

traumatic stress disorder. The one who has PTSD will get faulty mastery, inadequate caring attachments to others, and loss of meaningful purpose.

*Faulty Mastery*, When traumatic events occur, by definition they are frequently beyond the victim's control. In addition, certain inadequate coping responses are frequently present as victims attempt to take charge of their lives in the aftermath. Supercontrol is one manifestation of this process. Here the victim in a state of hypervigilance attempts to control every possible aspect of life to prevent a second, unexpected, life-threatening event. At the other extreme of a continuum of control is the victim who gives up completely and learns to become helpless. This victim incorrectly assumes that, because he or she could not control one situation, he or she cannot control any others as well. A third faulty coping response is to self-medicate the immediate psychological distress with drugs or alcohol to calm one's nerves. This strategy of coping does not work over the longer term, and may complicate the victim's life with the addition of an addictive illness. Finally, some victims appear to gain some mastery over the original traumatic event by placing themselves in harm's way again in potentially traumatic situations similar to the original critical incident. This process is known as the repetition compulsion, van der Kolkin in Flanery(1996:79). Examples might include combat veterans who are continually getting into fights in civilian life or a health care worker that is repeatedly assaulted by a series of different patients.

*Inadequate Caring Attachments to Others.* Traumatic events may also disrupt the victim's network of caring attachments. First, some traumatic events, such as natural disasters, disrupt caring attachments as families and whole communities are impacted and dispersed by the critical incident. Second, some traumatic events are so painful that victims understandably want to withdraw from others and avoid painful reminders of the situation. This is especially true of acts of violence committed by other persons. If the perpetrators of these acts are also responsible for the care of the victim (e.g., incest), a sense of betrayal may further enhance the desire to withdraw. Third, when the victim is in need of outreach from the victim's network of caring attachments, many of these nonvictim attachments withdraw from the victim and engage in victim-blaming. Traumatic events illustrate how tenuous are human links to life itself. Many non victims are frightened by the violence and realize how easily they could have become victimized. To restore their sense of mastery, they blame the victim of the random event for causing that event. This provides the non victims with the illusion of control over critical incidents. The need for this illusion leads them to withdraw from and blame the victims, and caring attachments are further ruptured.

*Loss of Meaningful Purpose.* Sustaining an important commitment in life is enhanced by a sense of coherence of the world, Antonovsky in Flanery, (1999:80). A helpful sense of coherence includes the beliefs that the world is safe and predictable, that it is worthy of our investing energy in it, and that

individuals can exercise some reasonable mastery in daily life events. However, as Janoff-Bulman in Flanery (1999:80) has documented, traumatic events shatter all of these assumptions. The world does not seem orderly and safe nor worthy of one's investment. Victims are overwhelmed by the forces of nature in natural disasters or are unable to understand the deliberate evil acts freely chosen by twisted human minds in human-perpetrated violence. Traditional purposeful meanings in life seem inadequate and empty, and victims are left without direction.

Based on the description about the psychology of post traumatic stress disorder, traumatic event will lead someone to have post traumatic stress disorder if they cannot maintain their domain functioning of good physical and mental health. They will have faulty mastery, inadequate caring attachments to others and loss of meaningful purpose. However, by seeking treatment, reaching out for support, and developing new coping skills, someone can overcome PTSD and move on with your life.

#### **E. Psychological Approach**

Psychological approach is an approach that is opposite with assumption that literary work always concentrates to various behavior. To know more about human behavior is needed a specific study, namely psychology.

Andre Hardjana in Nasution states that Psychology of literature is an approach that considers mental aspects of human. Through psychological side, it will arise that literary work aims to reflect human life (Nasution, 2012:34)

Many theorists of psychology give inspiration to solve mystery of human behavior through psychological theories. One of them is post traumatic stress disorder theory which is developed by Smith and Segal. The theory is about a disorder of human who has traumatic experience.

According to Roekhan in Endrswara, psychological approach can be connected by three possible approaches; first, intrinsic approach, this study is about psychological aspect of character in literary work; second, pragmatic approach, this is about psychological aspect of reader; third, expressive approach, this study concern to the psychological aspect of author when the author expresses felling in a work (2011: 97-98).

In the explanation above, it is provided three possible approaches related to psychological approach. But the writer only took intrinsic in accordance with psychology in literary work. The writer used psychological approach related to the psychological aspect of the characters in the novel.

#### **F. Synopsis of Scared to Death**

Elsa Cavalon, finally able to move on from the abduction of her adopted son many years ago, has welcomed a young girl, Renny, into her home and heart. But when she wakes up to Renny's screams of terror and the proclamation that she saw a "monster" standing over her bed, Elsa fears that history may be repeating itself. After that event, Elsa fells worry about her adopted young girl. She always thinks that there is somebody who wants to disturb her young girl. She remembers her adopted son, Jeremy, who has lost some years ago. She scares that the accident

will happen again to Renny. Her husband also feels what Elsa feels but he tries to avoid it as if he does not know everything. They believe that Jeremy has lost and died a long time ago. In fact, Jeremy is still alive. He has survived years of horrific abuse and injury. Against all odds, he is making his way back to the only place he has ever known love...and betrayal. Meanwhile, Marin Quinn, Jeremy's birth mother, has two daughters, Caroline and Annie. She also has a big problem in her life because of having lost Jeremy by kidnapping and murder, and her husband, Garvey, a corrupt politician, death in jail for unspeakable crimes. Having a terrifying event, she always worries about everything that will go on to happen in her family, especially her two daughters. She gives more protection to them because she will not lose them anymore.

These two women, Elsa and Marin are linked by a shared history and also by the watchful gaze of a cunning individual who has drawn them into a deadly fight for survival. They are two mothers who have stressful lives because of losing their beloved one.



## **CHAPTER III**

### **METHODOLOGY OF RESEARCH**

#### **A. Method of Research**

The researcher used descriptive qualitative method with intrinsic and psychological approach. Descriptive qualitative method is procedure that is used to describe data in the form of words written or spoken of the people or actors in the novel that it can be observed (Glass & Hopkins, 1984:160). This method was intended to describe everything that related to post traumatic stress disorder in the novel “Scared to Death” by Wendy Coursi Staub.

#### **B. Source of Data**

The writer got the data from the novel “Scared to Death” by Wendy Coursi Staub. The novel was published in 2010. It consists of fifteen chapters and 369 pages.

#### **C. Instrument of Research**

In order to get and analyze data in this research, the writer applied the instrument which was called note taking by using note book. It was used to get the data from the novel, after reading the novel “Scared to Death”, the writer made some notes to identify and classify post traumatic stress disorder which are experienced by two main characters in the novel.

#### **D. Procedures of Data collection**

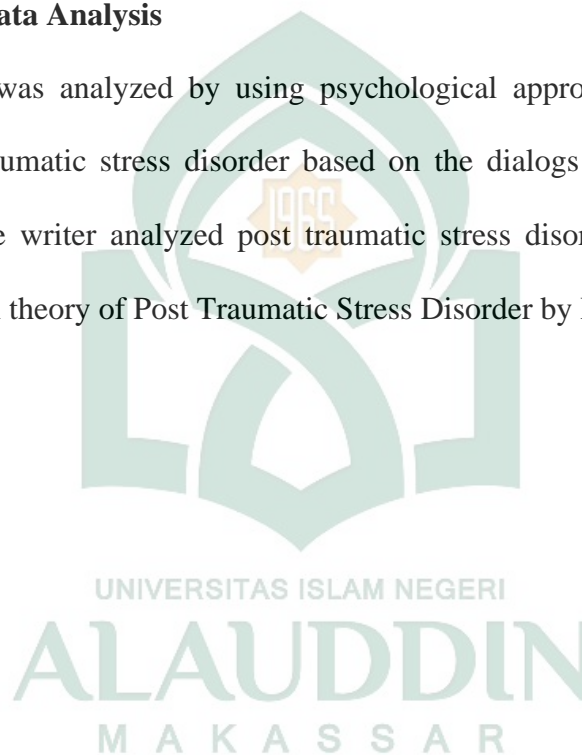
The following procedures of collecting data were used by the researcher:

1. The researcher read the novel carefully.

2. The researcher found the post traumatic stress disorder and the way of characters healing their post traumatic stress disorder in the novel.
3. The researcher wrote the data from the novel to note book.
4. The researcher classified post traumatic stress disorder and the way of characters healing their post traumatic stress disorder based on the theory.

#### **E. Technique of Data Analysis**

The data was analyzed by using psychological approach. It was used to identify post traumatic stress disorder based on the dialogs or narrations in the novel. Then, the writer analyzed post traumatic stress disorder and the way of healing based on theory of Post Traumatic Stress Disorder by Flannery.



## CHAPTER IV

### FINDINGS AND DISCUSSIONS

#### A. Findings

Staub's novel "Scared to Death" is a novel that tells story about two characters that have post traumatic stress disorder. The characters show the symptoms of post traumatic stress disorder and the way of healing it. The dialog and narration are the object of study that are used in accordance with the theory. In understanding the data, the writer presented explanation, *D* is Datum, *C* is Chapter, and *P* is Page. Based on that, the writer found that:

##### 1. Symptoms of Post Traumatic Stress disorder

The writer found that there are three symptoms of post traumatic stress disorder which are faced by characters, Elsa and Marin in the novel. The symptoms are intrusive, avoidance, and arousal symptom. The dialogue and narration as follows:

##### a. Intrusive Symptoms

###### 1) Elsa

*There was a time not so long ago when her memory of her son was more vivid than the landscape beyond the window. Now, it's as if the glass has wrapped, distorting the view.*

Now

Now...what?

*Now then I know Jeremy is dead?*

*Now that there is Renny?*

*Elsa pushes aside a twinge of guilt*

(D2, C1, P11)

Maybe it's better that way

*When she sleeps, she dreams*

*Dreams of little boy with black eye, and he is calling for her.*

“ Mommy... please help me...”

*Not Dreams- Nightmares, because she can never help him.* Nobody can.

It’s too late to save Jeremy.

(D3, C1, P19)

Elsa does the same, leaving the door open, wordlessly she shows him the spider-man figure.

He stares down at it.

“is that...?”

*“Jeremy’s ?” Elsa swallows hard. “Maybe. I don’t remember exactly what it look like – the one that went missing with him-but*

(D4, C1, P69)

She finds voice at last. “Brett, we have to go to the police.”

“We will lose her if we do.”

“I’m afraid that if we don’t...” *She swallows hard forces herself to say it.*

*“We’ll lose her anyway.”*

(D17, C6, P134)

*Trapped inside, on the verge of panic, she plashes back to the first moment after she realized Jeremy was missing from backyard.*

She remembers running back into the house, thinking he might have gotten past her and was safely inside; screaming his name: racing back outside, combing the yard, the block, and nearby field.

(D28, C9, P215)

## 2) Marin

*Spooked, she saved the text message on her phone along with the other one – the emoticon that really does, as Annie point out, look like a rat.*

Marin made her promise not to say anything to Caroline about it, though.

“it will make her more upset if she thinks someone on purpose.

(D10, C4, P101-102)

“Hey, If I can do this” – Lauren sweeps a hand around the kitchen – “You can do that. You can do anything. You are stronger than you think.”

“I’m not sure. I mean. I know I am an adult, but I’ve never really on my own. I went from my parents’ house to college to Garvey.”

“Well, I was on my own for years before I got married. I was terrified when nick left. Half the time, I’m still terrified.”

“You don’t seem like you are.”

“Neither do you.” Lauren pats her arms. “But you are going to be okay. Just think... the worst is over.

***“I wish I could believe that. Right now, I wake up every day feeling helpless – and sometimes I get overwhelmed by this sense that something horrible is going to happen any, and...”***

(D21, C7, P158)

***“It’s an emoticon. A rat.”*** Marin takes the phone from her, presses a couple more buttons on the key-pad then hand it back. “Read this.”

Lauren does. “Who sent it?”

“I have no idea, but it’s scaring me.”

“I don’t... it looks like something my kids do.”

***“Mine, too. But it’s really bothering me.”***

(D25, C8, P188)

## **b. Avoidance Symptoms**

### **1) Elsa**

***“Mommy...”***

***Elsa Cavalon stirs in her sleep***

***Jeremy***

***Jeremy is calling me***

***“Mommy”***

***No... Jeremy is gone***

(D1, C1, P8)

What? What do you want?

How often those words spill from her mouth in the past? Jeremy was such a demanding child, so needy, so impetuous. He constantly tried her patience.

Renny isn’t anything like him, and yet, just now...

***But you didn’t mean to be short with her. You are only human, Elsa reminds herself. You can’t be the perfect mother, and...***

(D6, C4, P80)

***In all those years, she never felt comfortable asking the detail of his personal life. Or maybe it was more that she was absorbed by her own trauma,*** she didn’t enough to ask.

(D7, C4, P80)

Renny announce, “I don’t like it here.”

“Why not?”

“I like regular square rooms.”

Elsa can’t help but smile.

“I like home.”

***Elsa’s smile promptly fades. “I know you do but...”***

***But home is supposed to be a heaven, and ours has been violated***

(D24, C7, P177)

## 2) Marin

“Thanks, but I think this is something I have to do myself.” Marin sound resigned. ***“I just wish I could run away from home for a little while, you know? I’m so sick of dealing with all of this.”***

“Why don’t you come up here and visit?” Lauren offers spontaneously – then wonders what the heck she’s doing. Why would Marin want to do that?

(D15, C6, P120)

## c. Arousal Symptoms

### 1) Elsa

***Not a soul in parking lot, and yet she has the sudden sensation that someone is lurking***

***She darts a quick look over her shoulder. Her heart stop: A figure is standing in the shadows across the room***

Her mouth opens

A scream lodges in her throat.

***Then she sees that it’s just Brett’s clothing on a hanger dangling from outer hinge of the closet door- the closet itself too musty smelling for clothiers.***

(D8, C5, P101)

Incredible. Even against this dingy backdrop, with yesterday’s smudged make up around her eyes and her hair pulled back from her face, Elsa Cavalon looks beautiful. She and Renny head toward their car in the parking lot as Brett goes into the office to check out. ***She keeps a protective hand on her daughter’s shoulder as they walk, she does seem to glance from side to side, as if making sure that coast is clear.***

(D12, C6, P113)

[...] Across the aisle, A young man plugged into an iPod bobs his head slightly to an audible beat.

*As if she sense Elsa watching him, he suddenly glance at her, gives a little nod, looks away.*

“Mommy, what are you doing?”

*[....] Elsa cries out – then realizes it’s her own reflection in an enormous gilded mirror. She looks like hell: hair straggly from the rain, pupils dilated in sheer terror, yesterday’s mascara rendering her gaunt, almost other – wordly.*

(D26, C9, P204)

## 2) Marin Queen

Marin will not allow herself to go there. Not tonight. *Not when she is worried that someone out there wanted – or wants – to hurt Caroline.*

(D11, C5, P103)

Marin has been up for hours, listening to the rain, *worrying about the rat in the Caroline purse and the anonymous text to her phone*, waiting for a decent hour to call the one person who can possibly understand what it’s like to fear for your kids’ safety in the wake of public ordeal.

(D13, C6, P114)

Drenched in a cold sweat, *her heart racing fanatically, Marin huddles on her bed. Her gasping breath are coming too fast. Terrible pain gripping her chest every time she inhales.*

(D32, C8, P290)

Of course not she is only taking prescription medication *to help her sleep, and to ease the pain of her headaches, and to calm her nerves.*

(D33, C8, P291)

## 2. The Way of Healing Post Traumatic Stress Disorder

In the novel, the writer also found the character’s way of healing their posttraumatic stress disorder by using psychology of post traumatic stress disorder, namely domains of human functioning that contribute to good physical and mental health: reasonable mastery, caring attachments to others, and a meaningful purpose in life. The dialogs and narrations as follow:



a. Elsa Cavalon

1) Reasonable Mastery

She quietly lugs the lone chair over from the desk and puts it in front of the door, where a would be intruder will trip over it. ***A feeble trap, perhaps, but it makes her fells better.***  
(D9, C5, P101)

2) Caring Attachment to others

"I know what we can do," Elsa tells him. ***"we can go see Mike, and tell him about what's going on."***

"Elsa, that's"

"If you don't come with me, then I'm going myself with Renny"

"You're going to show up there? Why can't you call?"

I'll call and tell him we're coming, but we need to go in person." She holds out the spiderman figure. "We have to show this. Maybe there are finger prints or something.

(D5, C3, P74)

***They arrived at the station to find the red brick building nearly deserted. Brett hurriedly buys two tickets on the next southbound train, which happen to be running fifteen minutes late.***

"Otherwise, you would missed it," the attendant informs him. "Guess this is your lucky day!"

"Guess so." Brett's smile strained as he takes the tickets from her.

(D18, C7, P137-138)

***What they do need right now is help.***

But Mike seems to have fallen off the face of the earth and ***the only other person to whom he can consider reaching out is Elsa's therapist, Joan***  
(D27, C9, P206)

***He certainly can't call Elsa and ask her for her therapist's contact information.***

Now but he can at least call her to check in and see how she sounds.

***After that I'll figure out how to reach her therapist***

(D29, C10, P224)

There is only one therapist named Joan in the area – and her phone goes into voice mail.

***“Hi – this is Brett Cavalon. My wife, Elsa, is a patient of yours and... I’d like to talk to you, as soon as possible.”***  
(D31, C11, P242)

3) A Meaningful Purpose in Life

Brett can see that Elsa’s hand is shaking a bit as she pours hot water from the whistling tea kettle into a trio of bone china cups on the counter.  
***She is doing everything she can convince the new caseworker that is a carefree house hold; that they are the perfect parents for Renny.***  
(D35, C14, P298)

b. Marin Queen

1) Caring attachment to others

***She advises Marin “you feel awful now, and the actual purge will probably be even worse but trust me...”***  
***You will feel a lot better once you have done it.***

“Thanks. I knew you’d some helpful advice.”

“Yeah, well... been there, done it.”

Though a drastically different set of circumstances led Marin to become a fellow single mom – circumstances that make them improbable friends – Lauren can relate to her more than just about anyone else in the world.  
(D14, C6, P120)

“And I interrupted you. Sorry.”

“Oh please, It was a welcome interruption. I think I choose the wrong color. Here...” Lauren pries the can open with a screwdriver and holds it out. “Autumn must look more like dog poop, doesn’t it?”

“It’s not so bad.”

“Really ?”

“No. I was being polite. Definitely dog pop.”

***Lauren joins her in a laugh, and Marin fells a little better.***  
(D19, C7, P157)

“So you are doing all this your self ? choosing colors, painting?”

“pretty much”

“I’m impressed”

***“You’re kidding, right?” Lauren looks closely at her. “Trust me, it is not that big deal.”***

(D20, C7, P157)

***“Seriously – you need a good shrink.”***

“I can do that.”

“Why not?”

“Because...”

[....] ***“There’s nothing wrong with needing outside help, Marin. My sister lives in Manhattan, and she got me a bunch of name there back when I was looking for a family therapist who could threat all four of us. I wound up sticking with someone here, but if you want, I could.***

(D22, C7, P159)

“A shrink isn’t the only place to find peace after what you have been through, you know.”

“What do you mean?”

***“You can learn on your friends, or you can go to church...”***

***“Church? You’re kidding, right?”***

***No. I have been going lately with Sam. It helps.”***

(D23, C7, P157)

Remembering what Lauren said about her episodes, and about finding a shrink, she wishes she’d never mentioned anything about it. ***True, she went up there to find moral support, thinking Lauren might be the one person might understand what she’s going through.***

But even she can’t quite relate. Lauren’s never lost a child. Not like Marin. Not like...

Elsa

(D30, C11, P242)

Marin has to pull herself together.

***Yes, she’ll talk to Lauren and get the name of a good family therapist.***

And after she does that, she’ll go straight into Caroline’s room, call a truce, and tell her they are going to make a fresh start – beginning today.

(D34, C13, P291)

## 2) A meaningful purpose in life

***The only thing to do, she realized, was stop thinking about it and start moving.*** As quietly as possible, for that matter, hoping she’d gain enough momentum to keep on going.

(D16, C6, P132)

## B. Discussions

In this part, the write explains the symptoms of post traumatic stress disorder and the way of characters healing it. It is based on the dialog and narration in the novel. The data is taken from the novel “Scared to Death” by Wendy Coursi Staub.

### 1. Symptoms of Post Traumatic Stress Disorder (PTSD)

PTSD is a separate bodily response that is different from states of major depression and the body’s general physiological response to routine life stressors. Everyone experiences PTSD differently. The writer explains about the three main types of symptoms faced by Elsa and Marin in the novel. They are Intrusive Symptoms, Avoidance Symptoms, and Arousal Symptoms:

#### a. Intrusive Symptoms

Intrusive symptoms involve the persistent re-experiencing of the event in images, thoughts, recollections, day dreams, and nightmares. Victims may act or feel as if they were reliving these events, and may experience great distress in the face of events that remind the victim of the trauma. Intrusive symptoms are faced by characters in the novel as following:

##### 1) Elsa Cavalon

Based on the findings, the writer can explain the symptoms in **datum 2**, Elsa remembered her son, Jeremy who has been dead. She remembers the traumatic event that always disturbs her feeling, she sometimes realizes that her son is really dead and thinks that she has a daughter. In this data, the writer found that Elsa has intrusive symptoms

about re-experiencing thought about her lost son. The thought is about the event in which she remembers her lost son. If she remembers the event, she will be disturbed and helpless. It means that, she has post traumatic stress disorder which is showed by the intrusive symptom, namely re-experiencing the thought that remind her to the traumatic event.

In **datum 3**, Elsa gets a nightmare about her lost son. She saw in her nightmare about her son who needed a help but she cannot do anything because everything has happened. The nightmare reminds her to her lost son that always disturbs her feeling and makes her become frightening. The nightmare is about her lost son that she really loves in her life and left her. In this data, the writer found that she has intrusive symptoms that she has nightmare about her lost son. Because she has traumatic experience about losing her son, she is always disturbed by the shadow of her son. Her trauma is always frightened her even she gets sleep. It is one of impact of one's trauma. It means that she has post traumatic stress disorder because if she faces thing that can remind her to the traumatic event, she will feel helpless. This is called intrusive symptoms of PTSD that she re-experiencing the traumatic event in nightmare.

In **datum 4**, Elsa found the spider-man figure. It's like Jeremy's and it make her remember Jeremy when he was lost with it in that time. It means that the spider-man figure become a reminder for her about her

traumatic event. In this data, the writer that she has intrusive symptom of PTSD that is about the spider-man figure of Jeremy. When she was with Jeremy, her son, she sometimes saw Jeremy with his spider-man figure. Her memory of her son cannot be arisen in her head because the event really destroys her life. However, she will remember her son if she sees anything related to her son. The effect of her trauma disturbs her life that she always remembers her trauma. She gets great distress in facing the spider-man figure of Jeremy's that remind her to her trauma. It means that she has PTSD which is showed by intrusive symptom, namely great distress in the face of thing that reminds her to her trauma.

In **datum 17**, Elsa said to Brett to call the police because she worried about her daughter as if there is someone who wants to hurt her daughter. All this is just about her feeling because she still remembers when her son was kidnapped and murdered. In this data, the writer found that she has intrusive symptom that she feels there is someone who wants to hurt her daughter but it just about her felling. Her feeling is disturbed by her traumatic experience about her son. She remembers when her son who was kidnapped and lost. She feels that the accident will happen again to her daughter. It is the effect of her trauma that make her felling frightened. It means that she has post traumatic stress disorder which is showed by the intrusive symptom, namely she act as if she is re-living the event.

In **datum 28**, Elsa went to the place where her son was lost. When she was in the place, she plashes back. She remembers running back into the house, thinking he might have gotten past her and was safely inside; screaming his name: racing back outside, combing the yard, the block, and nearby field. In this data, the writer found that, Elsa has intrusive symptom that she remembers her son when she was in the place in which her son was kidnapped. The place reminds her to her traumatic event about losing her son. Because her memory of her son is still in her head, she will easily remember the things related to her son. It means that she has post traumatic stress disorder which is showed by the intrusive symptom, namely recollection of her traumatic event that she experience great distress in the face of the place that remind her to her traumatic experience.

## 2) Marin Queen

Based on the finding, the writer can explain the symptoms in **datum 10 and datum 25**, Marin is worrying about seeing the emoticon in Caroline's phone because it seems like a rat and in that time also she finds a rat in Caroline's purse. She wonders that there is someone who wants to hurt her daughter as Jeremy. In this data, the writer finds that Marin has an intrusive memory that experience great distress in the face of events that remind her of the trauma.



In **datum 21**, Marin talks to Lauren about her feeling that she is always feeling helpless and she thinks than something horrible is going to happen. She remembers her husband who was murdered. She cannot do anything because she always remembers her husband. She thinks that if her husband is still with her she will not be like this now. She also feels that there is someone who wants to hurt her like her husband. In this data, the writer found that, Elsa has intrusive symptom that she feel her memory of husband is still in her head and if she remember the event on which her husband was murdered, she feels helpless. It means that she has post traumatic stress disorder which is showed by the intrusive symptom, namely she always feels terrified and helpless that she re-experience her traumatic experience in recollection that she always remember her husband who has been murdered. However, she acts or feels as if she is reliving the traumatic event.

#### **b. Avoidance Symptoms**

Avoidance symptoms involve avoiding places and thoughts associated with the trauma, problems in recall of the event, a marked loss of interest in other significant aspects of the person's life, restricted emotions, and the sense of a foreshortened future. The avoidance symptoms are faced by characters in the novel as following:

### 1) Elsa Cavalon

Based on the finding, the writer can explain the symptoms in **datum 1**, Elsa remembers Jeremy as if he is calling her but she tries to avoid that he is gone and he will not come again. Her memory of her son is still in her head and the memory always disturbs her daily life. When she remembers her son, she feels as if he is beside her and speaks to her but she tries not to care about it. She realizes her son will not come again. In this data, the writer found that she has avoiding symptom that she tries to avoid her mind when she remembers her son. Her trauma really goes around her mind and she tries to avoid it. It means that she has post traumatic stress disorder which is showed by the avoiding symptom, namely avoiding her thought related to her trauma.

In **datum 6**, when Elsa feces Renny, her adopted daughter, she remembers Jeremy, her lost son. In the past, she always said to Jeremy the word *what, what do you want?*, she was a patient mother to treat her son. Now she realizes that she is not like him. In this data, the writer found that she has avoiding symptom that she tries to avoid her mind when she remembers her son. Her trauma disturbs her mind and she tries to avoid it. It means that she has post traumatic stress disorder which is showed by the avoiding symptom, namely avoiding her thought related to her trauma.

In **datum 7**, Elsa is never comfortable when someone asks about her son's personal life. When she is asked about her lost son, she feels her life destroyed. It is caused by her traumatic experience that if someone talks about her lost son, she will remember him and the accident. Then she goes out from the topic of her conversation with Lauren. In this data, the writer found that she has avoiding symptom that when she has conversation with Lauren about her son, she makes another topic to talk. She is uncomfortable talking about her son. It means that she has post traumatic stress disorder which is showed by the avoiding symptom, namely avoiding her conversation about her son by moving to another topic to talk.

In **datum 24**, Renny asks Elsa that she doesn't want to stay here. She prefers stay in their house and Elsa cannot say anything but she just says to herself that here is safer than our house. In her mind, she wants to leave home for making her feeling not to be disturbed by her memory about her son but she doesn't tell Renny. In these data, the writer found that she has avoiding symptom that she wants to get out of her home because the home is remind her to her trauma in which her son was kidnapped. It means that she has post traumatic stress disorder which is showed by avoiding symptom that Elsa is avoiding places and thoughts associated with her trauma.

## 2) Marin Queen

Based on the finding, the writer can explain the symptoms in **datum 15**, Marin wishes that she wants to go out from her house because she is sick of her feeling about her trauma. Her trauma is always frightened her daily life when she is at home. Her home reminds her to her husband who has been murdered. Her memory of her husband makes her feel helpless. When she remembers her husband, she cannot do anything; she just spends her time for it. So, she gets out of her home to avoid her thought about her husband. In this data, the writer found that Marin has intrusive symptom that she wants to get out of her home because she always remember her trauma when she is at home. It means that she has post traumatic stress disorder which is showed by the avoiding symptom that she is avoiding not to stay at home because she feels helpless if she is at home.

### c. Arousal Symptoms

Arousal symptoms include difficulties with sleep, hypervigilance, exaggerated startle response, difficulty concentrating, and irritability or angry outbursts. The avoidance symptoms are faced by characters in the novel as following:

#### 1) Elsa Cavalon

Based on the finding, the writer can explain the symptoms in **datum 8**, Elsa gets a sudden sensation in parking lot. She thinks that she

sees the one's shadow standing over there but nobody. It is just Brett's clothes hanging there. In this data, the writer found that she has arousal symptom that her trauma makes her feel frightened. Her feeling is always terrifying that leads her to feel that she is in danger. Her mind is not working well because of her trauma. This is the effect of her traumatic experience which disturbs her mind. It means that she gets post-traumatic stress disorder which is shown by the arousal symptom, namely a startle response which disturbs her mind and she always feels that she is in danger.

In **datum 12**, Elsa has a protective hand on her daughter's shoulder. She looks at side to side till she thinks they are safe. It is as if they are in the danger. In this data, the writer found that Elsa has arousal symptom that she feels there is someone who wants to hurt her daughter but it is just about her feeling. This is the effect of her trauma about losing her son. She will not allow someone hurt her daughter like her son. In her mind, she always notices possible danger. It means that she has post-traumatic stress disorder which is shown by the arousal symptom that she is a hyper-vigilance and always notices possible danger.

In **datum 26**, Elsa is frightened to see something like there is someone watching her, and then she cries. But she realized that it is her own reflection in the mirror. In this data the writer found that Elsa has arousal symptom that she always scares to anything as if her trauma will

happen again. This is the effect of her trauma which disturbs her mind. She always feels that she is in a danger. If she sees anything like a stregher one, she will judge that she is in a danger. The effect of her trauma makes her mind works unwell. It means that she has post traumatic stress disorder which is showed by the arousal symptom, namely exaggerated startle response that make her life to be helpless and terrifying.

## 2) Marin Queen

Based on the finding, the writer can explain the symptoms in **datum 11**, Marin will not go out there tonight because she thinks that there is someone there who wants to hurt her and Caroline but it is just her feeling. It is caused by her trauma about her husband who was murdered. The event makes her life become frightened. In this data, the writer found that she has arousal symptom that she feels more careful in order to notice the danger. This is the effect of her trauma. She feels her trauma will happen again. Her life becomes disorganized because her mind is not working well. It means that she gets post traumatic stress disorder which is showed by the arousal symptom, namely being more careful in order to notice possible danger.

In **datum 13**, Marin wants to tell someone about the rat. She thinks her daughter in a danger because of the rat in her daughter's purse. After having traumatic experience, Marin always feels that her life is in a danger. She gives more attention to her daughters. She will not allow

someone hurts her daughters. Her mind is shadowed by her trauma about her husband. If something strength happens in her life, she will be terrified. This is the effect of her trauma. In this data, the writer found that she has arousal symptoms that when she faces something strength that she thinks it will damage her and her daughter, she will feel terrified. It means that she gets post traumatic stress disorder which is showed by the arousal symptom, namely being more careful in order to notice the danger.

In **datum 32**, Marin shows that she gets difficult to concentrate and she gets difficult to breath. In this data the writer found that Elsa has arousal symptom that she gets difficult to concentrate. This is the effect of her trauma. She has traumatic experience about her husband who was murdered. After the terrifying event, she always feels helpless and overwhelmed. She feels worry and anxiety related to her trauma. Difficult to concentrate is caused by worry and anxiety. It means that she gets post traumatic stress disorder which is showed by the arousal symptom, namely irritability in which worry and anxiety cause the difficulty to concentrate.

In **datum 33**, Marin has a problem with sleep because she wants to get a medication to ease it. She gets a problem with sleep because of her trauma. If she wants to sleep, she always remembers her husband. Her memory of her husband stays in her head. And she tries to get medicine to ease it. This is the effect of her trauma. She still cannot forget her past. In



this data, the writer found that she has arousal symptom that she get the effect of her trauma that she faces problem with sleep. It means that she has post traumatic stress disorder which is showed by the arousal symptom, namely problem with sleep.

Based on the symptoms which are faced by Elsa and Marin, the writer concluded that Marin and Elsa face the symptoms of post traumatic stress disorder differently. Elsa is more dominant in intrusive symptoms than the avoidance and arousal symptoms. Intrusive symptoms are showed as many as five data, avoidance symptoms as many as three data, and arousal symptoms as many as three data. Meanwhile Marin is more dominant in arousal symptoms. Arousal symptoms are showed as many as four data, intrusive symptoms as many as three data, and avoidance symptom as many as one data.

## 2. Way of healing post traumatic Stress Disorder

In this part, the writer explains the ways of characters healing their post traumatic disorder by using psychology of post traumatic stress disorder that consists of three domains of human functioning that contribute to good physical and mental health: reasonable mastery, caring attachments to others, and a meaningful purpose in life.

### a. Elsa Cavalon

#### 1) Reasonable mastery

In **datum 9**, Elsa does something to fight her frightened. She puts a lone chair in front of the door and it will be a trap for someone who wants

to come to this house. Therefore it makes her feels better. In this data, the writer found that Elsa has completely controlled something that can make her scare. Related to psychology of posttraumatic stress disorder, when someone has post traumatic stress disorder, it will destroy her domains functioning for the good physical and mental health. It means that Elsa's domain function was destroyed by her post traumatic stress disorder. It is something that always makes her get faulty mastery. She is in a state of hypervigilance attempts to control every possible aspect of life to prevent a second, unexpected, life-threatening event. At the other extreme of a continuum of control is the victim who gives up completely and learns to become helpless. This victim incorrectly assumes that, because she could not control one situation, or she cannot control any others as well. However, she feels that she has to get out of it. She uses reasonable mastery to heal her post traumatic stress disorder by making herself better, fight with her frightened and completely control the situation.

## 2) Caring attachment to others

Based on the findings, the writer explains in **datum 5, 18, 27, 29, 31**, Elsa wants to go to Mike's house and tell him what is happening to her related to many events that make her feel frightened and she really needs a help to overcome her problem. Mike is the only one who can understand what has happened to her. Mike is her therapist. In this data, the writer found that she tries to make a relation with the one who

understand her. Elsa tries to care attachment with the one who can help her by giving her an emotional support and information about it. Elsa realizes that she cannot do by herself. When her stress comes to her, she cannot do anything. She is inadequate caring attachment. This is the effect of her trauma that leads her to be inadequate caring attachment. Her post traumatic stress disorder destroys her mental health. Related to psychology of post traumatic stress disorder, Caring attachment is Elsa's way to heal her post traumatic stress disorder. Elsa tries to get some moral supports from other.

### 3) A meaningful purpose in life

In **datum 35**, Elsa is doing everything she can convince the new caseworker that is a carefree household for her daughter, Renny. Elsa is doing it because she wants to be a perfect parents of Renny and she thinks now she has Renny and Her lost son will not come again. In this data, the writer finds that Elsa decides to get a meaningful purpose in life by learning about value that motivates her to actively participate in the world each day. Related to psychology of post traumatic stress disorder, Elsa with PTSD, her domains of human functioning are destroyed by the effect of her trauma. She lost her meaningful purpose in life. She is overwhelmed by the forces of her lost son and she is unable to understand the deliberate evil acts freely chosen by twisted human minds in human-perpetrated violence. After her traumatic event, she is left with no

direction. However, she tries to make a meaningful purpose in life by learning about value that motivates her to actively participate in the world each day, namely convince the new caseworker that is a carefree household for her daughter, Renny. Elsa is doing it because she wants to be a perfect parent. This is Elsa's way to get out of her post traumatic stress disorder.

b. Marin Queen

1) Caring attachment to others

Based on the findings, the writer explains in **datum 14**, Lauren advises Marin to solve her problem about what makes her always feel helpless in her days. And Lauren says to Marin that Marin will feel better after she has done it. In this data the writer finds that Marin gets an advice from Lauren because she thinks Lauren is good at it. It means that Marin try to care attachment by getting support from others. Related to psychology of post traumatic stress disorder, there are three domains of human functioning to contribute good physical and mental health. One of them is caring attachment. These three domains are destroyed by post traumatic stress disorder. Someone with it becomes inadequate caring attachment because of her feeling about the traumatic event that always disturbed. Marin's traumatic event is so painful that she understandably wants to withdraw from others and avoid painful reminders of the situation. This is especially true of acts of violence committed by other

persons. This disrupts her network of caring attachments. Therefore, she gets an advice from Lauren because she thinks Lauren is good at it. This is kind of caring attachment to others that Marin do to heal her post traumatic stress disorder.

In **datum 19 and 20**, Marin and Lauren have a long conversation in Lauren's house. She comes to Lauren because she thinks Lauren is a good friend of hers. In their conversation about painting, sometimes Lauren makes a joke and Marin laughs. It makes her feels better. In this data, the writer finds that Marin needs someone who can bring her to forget her trauma by having support from others. Related to psychology of post traumatic stress disorder, there are three domains of human functioning to contribute good physical and mental health. One of them is caring attachment. This domain is destroyed by post traumatic stress disorder. Someone with it becomes inadequate caring attachment because of her feeling about the traumatic event that always disturbed. Marin's traumatic event is so painful that she understandably wants to withdraw from others and avoid painful reminders of the situation. This destroys her network of caring attachments. Therefore, she gets an happy day from Lauren because Lauren can make her feel better and leave her painful. This is kind of caring attachment to others that Marin does to heal her post traumatic stress disorder.

In **datum 22 and 23**, Lauren suggest to Marin to go to church that Marin will get a help when she go there. And also Lauren suggests that she can go to find a therapist to help her. In this data, the writer finds that, Marin has tried to get information from Lauren about how to heal her disorder, and Lauren has told her to get it by going to church and finding therapist. Related to psychology of post traumatic stress disorder, there are three domains of human functioning to contribute good physical and mental health. One of them is caring attachment. This domain is destroyed by post traumatic stress disorder. Marin's traumatic event is so painful that she understandably wants to withdraw from others and avoid painful reminders of the situation. She gets information about the therapist from Lauren. Therefore, she uses caring attachment to heal her post traumatic stress disorder by getting information about healing it.

In **datum 30 and 34**, after Marin consider what Lauren said to her, she will get the name of the therapist and she will go there for help. And she tell her daughter that they are going to make a new beginning for their life. The writer finds that Lauren is trying to give Marin some information about how to help her problem and give her some emotional support and after that Marin will do it. It means that Marin has cared attachment to heal her PTSD. Related to psychology of post traumatic stress disorder, there are three domains of human functioning to contribute good physical and mental health. One of them is caring attachment. This domain is

destroyed by post traumatic stress disorder. Marin's post traumatic stress disorder makes her inadequate caring attachment to others because her traumatic event is so painful that she understandably wants to withdraw from others and avoid painful reminders of the situation. This is the effect of her trauma. However, she wants to heal it by caring attachment that she will get the name of the therapist and she will go there for help. And she tells her daughter that they are going to make a new beginning for their life.

2) A meaningful purpose in life

In **datum 16**, Marin realizes that the only one she will do is stop thinking about everything that can make her feel helpless and start moving to the good things. In this data, the writer found that Marin realizes what she is always thinking and doing just make she feel helpless. It means that she tries to make a meaningful purpose in her life. Related to psychology of post traumatic stress disorder, Marin's domains functioning are dispersed by her post traumatic stress disorder that she lost a meaningful purpose in her life like she always feels helpless because of her trauma. Her traumatic events shatter all of the assumptions that A helpful sense of coherence includes the beliefs that the world is safe and predictable and individuals can exercise some reasonable mastery in daily life events. Therefore, Elsa tries to get a central event or value that motivates her to actively participate in the world each day, and



which provides direction in her life's darker moments. Making a meaningful purpose in her life is her way to heal her post traumatic stress disorder.

Based on the ways of healing post traumatic stress disorder, the writer found that Elsa uses the three domains of human functioning, namely reasonable mastery as many as one data, caring attachment to others as many as five data, and a meaningful purpose in life as many as one data, while Elsa just uses two of human functioning, namely caring attachment to others as many as seven data and meaningful purpose in life as many as one data. Therefore, both Elsa and Marin is most dominant in healing their post traumatic stress disorder by using caring attachment to others.

## CHAPTER V

### CONCLUSIONS AND SUGGESTIONS

This chapter provides conclusion and suggestion. After finding and analyzing the symptoms of post traumatic stress disorder and the way of healing it in Stub's novel "Scared to Death" the writer gives some conclusions and suggestions to the readers.

#### A. Conclusions

After analyzing the data, the writer concludes the result of the research, they are:

1. In novel "Scared to Death" by Wendy Coursi Staub, the writer found the symptoms of post traumatic stress disorder. The symptoms were created by the writer to clarify the experience after having traumatic event. The writer found that Marin and Elsa face the symptoms of post traumatic stress disorder differently :
  - a. Elsa is more dominant in intrusive symptoms than the avoidance and arousal symptoms. Intrusive symptoms are showed as many as five data involve thoughts, day dreams, and nightmares about her trauma, avoidance symptoms as many as three data involve avoiding places and thoughts associated with the trauma, and arousal symptoms as many as three data involve hypervigilance, exaggerated startle response, and irritability.
  - b. Marin is more dominant in arousal symptoms. Arousal symptoms are showed as many as four data involves difficulties with sleep, hypervigilance, exaggerated startle response, and difficulty concentrating., intrusive

symptoms as many as three data involve the persistent re-experiencing of the event in thoughts, and day dreams, and avoidance symptom as many as one data involves avoiding places.

2. The writer also found that there are some ways to heal post traumatic stress disorder depicted differently by character in the novel such
  - a. Elsa uses the three domains of human functioning, namely reasonable mastery as many as one data, caring attachment to others as many as five data, and a meaningful purpose in life as many as one data,
  - b. Marin just uses two of human functioning, namely caring attachment to others as many as seven data and meaningful purpose in life as many as one data.

## **B. Suggestions**

1. For further research, the writer suggests that to learn more about trauma and post traumatic stress disorder in literary work in order to generate more specific research about kinds of trauma in literary works.
2. In analyzing psychology, not only does the psychological aspect of character in literary works, but also consider the psychological aspect of the author or the reader.

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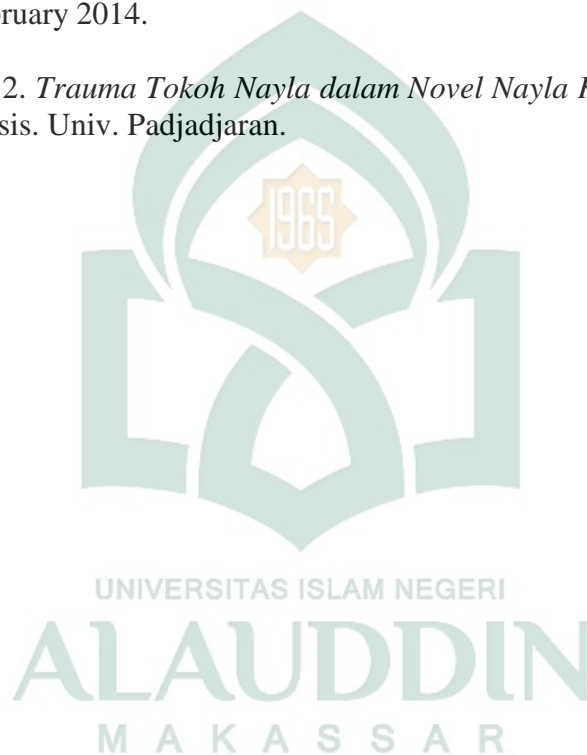
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## CURRICULUM VITAE

The writer, **SULAEMAN**, was born on April 22<sup>nd</sup> 1991 in Banten. He has three brothers and one sister. He is the first child of Massi (Alm.) and St. Arifah. In 1998, he started his education in SD Inpres 6/75 Ajjalireng kec.Tellu Siattinge, Kab. Bone and graduated in 2004. He continued his study in junior high school 3 Tellu Siattinge, Kab. Bone and graduated in 2007. He continued his study in senior High school 1 Tellu Siattinge Kab. Bone and graduated in 2010 and then he was accepted as a student in English and Literature Department, Faculty of Adab and Humaniora , State Islamic University of Alauddin Makassar.

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